

## **What is the Walk with Ease: Self-Directed program?**

- The Walk with Ease: Self-Directed program is a 6-week evidence-based walking program, to help participants start or maintain a low-impact exercise program.
- Throughout the six weeks, participants are encouraged to walk a minimum of three days per week. Participants will keep track of their walking minutes and report them to the Walk with Ease instructor.
- Participants will receive weekly encouraging emails from the Walk with Ease instructor.
- The Walk with Ease program was developed by the Arthritis Foundation. The Arthritis Foundation has recognized that walking is a great physical activity for everyone with or without arthritis; everyone is encouraged to be part of this great six week walking program.

## **What is required of me to participate?**

- Sign-up for the program via the participant questionnaire.
- Walk a minimum of three days a week for six weeks and report walking minutes to walking instructor.
- Complete the post-questionnaire at the end of the six weeks.
- After these three things are completed at the end of the six weeks, participants will receive a Certificate of Completion.

## **Is there a group meeting?**

- No, the Walk with Ease: Self-Directed program does not meet together; all correspondence is done through email.
- The Walk with Ease: Self-Directed program allows for flexibility of when, where, and the duration each person wants to walk.

## **Is there a required distance or time I need to walk each week?**

- There is no required distance or time to complete each week. Participants will start at their own fitness level, if that means walking 30 minutes a week or 150 minutes.

## **Do I need to have any material or equipment for this program?**

- Participants will need to have access to their email account once a week.
- Comfortable pair of walking shoes (do not need to buy new shoes, use the one you already have).
- All participants will receive a Walk with Ease book from the leader.

## How do I sign-up?

- Go to <http://dphhs.mt.gov/publichealth/arthritis/State-of-Montana-Walk-with-Ease>
- There are several dates to choose from, select the date that best fits your schedule to start the Walk with Ease program.
- Once you have picked the date that works best for you, click on the link and you will be directed to a Survey Monkey questionnaire.
- The questionnaire consists of demographic information, evaluation on current self-efficacy to exercise, and current exercise activity. Once the questionnaire is completed, you will be registered for the program.

## How do I know when I am enrolled?

- After completing the Survey Monkey sign-up and clicking “DONE” you will receive an immediate confirmation that you are enrolled.
- For any technical difficulties, contact Melissa VanderVos at [mvandervos@mt.gov](mailto:mvandervos@mt.gov) or 406-444-0959.

## Does this program count towards the Next Step Discount?

- Yes, the Walk with Ease: Self-Directed program will count towards the Next Step Discount for the following year.
- Participants will receive a Certificate of Completion when you complete:
  - Sign-up questionnaire
  - Record and report your 6-week walking minutes
  - Post-questionnaire
- The Certificate of Completion can be used to validate participation to the Health Care & Benefits Division.